



NPC WORLDWIDE G'S POSEDOWN 021 NATURAL REGIONAL QUALIFIER

July 25, 2026

FINAL PLACINGS



Men's Bodybuilding - True Novice		
Placing	Competitor #	Name
1	1	Stephan Solomons

Men's Classic Physique - True Novice		
Placing	Competitor #	Name
1	3	Paul Senekal
2	4	Wihan Van Eeden
3	2	Brendan Brecher

Men's Classic Physique - Junior		
Placing	Competitor #	Name
1	3	Paul Senekal
2	4	Wihan Van Eeden
3	5	Pieter-Theo Young

Men's Classic Physique - Masters 35+		
Placing	Competitor #	Name
1	6	Pieter-Jan Hoon

Men's Classic Physique - Open Class A		
Placing	Competitor #	Name
1	3	* Paul Senekal *
2	7	Miekha Aysen

Men's Classic Physique - Open Class B		
Placing	Competitor #	Name
1	4	Wihan Van Eeden

Men's Classic Physique - Open Class C		
Placing	Competitor #	Name
1	5	Pieter-Theo Young

Men's Physique - True Novice		
Placing	Competitor #	Name
1	5	Pieter-Theo Young

Men's Physique - Novice		
Placing	Competitor #	Name
1	8	Michael De Sousa

Men's Physique - Teenage		
Placing	Competitor #	Name
1	8	Michael De Sousa

Men's Physique - Junior		
Placing	Competitor #	Name
1	9	Pieter Kruger
2	8	Michael De Sousa

Men's Physique - Masters 35+		
Placing	Competitor #	Name
1	6	Pieter-Jan Hoon

Men's Physique - Open Class A		
Placing	Competitor #	Name
1	7	Miekha Aysen

Men's Physique - Open Class B		
Placing	Competitor #	Name
1	11	* Sindile Nothwala *
2	10	Craig Grix

Women's Wellness - True Novice		
Placing	Competitor #	Name
1	12	Marshelle Knipe

Women's Bikini - True Novice		
Placing	Competitor #	Name
1	13	Kimberly Mc Alpine
2	14	Juanita Ruiters

Women's Bikini - Novice		
Placing	Competitor #	Name
1	15	Sophia Knyrim
2	13	Kimberly Mc Alpine
3	16	Melissa Muller

Women's Bikini - Junior		
Placing	Competitor #	Name
1	17	Lana Claassens

Women's Bikini - Open Class C		
Placing	Competitor #	Name
1	17	Lana Claassens
2	15	Sophia Knyrim
3	18	Caren Emerood Vaughan
4	13	Kimberly Mc Alpine
5	16	Melissa Muller

Women's Fit Model - Novice		
Placing	Competitor #	Name
1	19	Kylie Pienaar

Women's Fit Model - Junior		
Placing	Competitor #	Name
1	19	Kylie Pienaar

Women's Fit Model - Open Class C		
Placing	Competitor #	Name
1	19	Kylie Pienaar